

Newsletter



March 2017

Special points of interest:-

[Lead to increase cardiovascular risk](#)

A study by Prokopowicz A et al. ("Effect of occupational exposure to lead on new risk factors for cardiovascular diseases". Occupational & Environmental Medicine, published online 16 December 2016) showed the potential of increased risk for cardiovascular disease in men with raised lead exposure. Click [here](#) for more information

[Dementia](#)

A recently published survey on British Social Attitudes (BMJ 05.11.16; 212) shows more than 25% of people struggle to identify risk factors for dementia that can be influenced. These were heavy drinking, smoking and high blood pressure. Further risk factors are depression, diabetes. Protective factor to delay onset are regular physical exercise or you may wish to learn a second language.

[Easy Guide to Health and Safety](#)

The Health and Safety Executive offers risk assessment tools free of charge for small and medium sized enterprises. Click [here](#) for more information

Are you prepared for the Menopause?

The menopause is a period of life when hormone levels are changing. This affects a variety of body systems.

Well known are hot flushes which come out of the blue with excessive sweating often causing embarrassment. Women can lose their usual confidence as they are not in control of the symptoms. This is particularly in a job role where they are presenting and standing in front of a group. According to data by the Faculty of Occupational Medicine 20-25% of women feel hot flushes impact on their work. At the same time the majority feels uncomfortable to discuss menopause related issues at work with their manager. This is particularly with male managers. Many managers do not have extensive knowledge about the menopause and what it might mean for the employee concerned. In 2017 we will provide some background information that should help to overcome the first hurdle.



Usually the menopause is between 45 and 55 years of age; however, can in some cases be as early as 35 or as late as 65. The symptoms last usually 4 to 8 years. Common symptoms are hot flushes which can impact on sleep and result in increased tiredness. As hormone levels become less stable the temperature regulation of the body derails resulting in unexpected heat waves and sweating. The opportunity to use a fan or being able to get up to refresh themselves can be helpful.

Please click [here](#) more information



Yoga to combat stress

A recent publication shows yoga being more beneficial than established treatment using Cognitive Behaviour Therapy to manage stress (Riley KE et al. 'Improving physical and mental health in frontline mental healthcare providers: yoga-based stress management versus cognitive behavioural stress management'; Journal of Workplace Behavioural Health, published online 16 December 2016). After 2 months of weekly yoga the physical activity levels had increased and diet become healthier. Both factors contributing to better wellbeing and ability to cope with adverse events.

Click [here](#) for more information.

Eating and Diet

Learn how certain foods can affect your body as well as your brain!

Click [here](#) to watch the playlists on this topic.



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